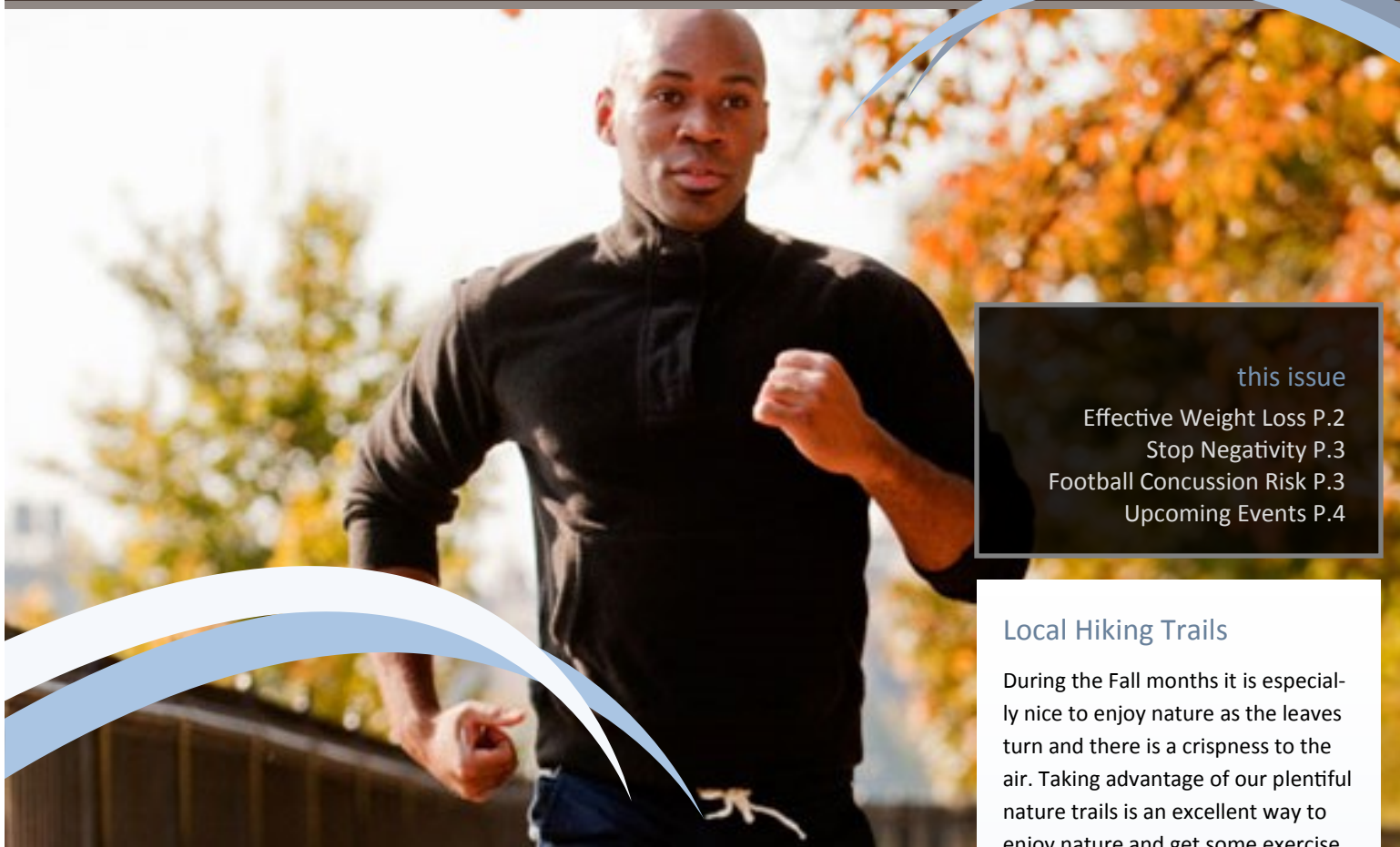


Regional Wellness Newsletter

Greater Kansas City Area Federal Executive Board
Regional Wellness Council - 4th Quarter Issue



this issue

Effective Weight Loss P.2
Stop Negativity P.3
Football Concussion Risk P.3
Upcoming Events P.4

Staying or Getting Fit During the Cold Months.

During the cooler months it is easier for all of us to stay indoors and become less active. Inevitably when Spring begins a rush to gym memberships and crash diets ensue. With a few conscience decisions when Spring and Summer come around again you could find yourself in the best shape of your life. You can avoid the misery of trying to quickly loose weight. by following a few steps you will enjoy a healthy lifestyle.

- 1) Don't drink your calories! Everything you put in your body has incremental affects on your health. Someone who drinks a carbonated soda with every meal on average is consuming 960 "empty" calories and 260 grams of sugar, based on a 20oz bottle of a popular soda.
- 2) Avoid food and drinks with high sugar content. I know its easier said then done when you are constantly tempted with seasonal treats. Sugars raise your blood glucose levels and your body can't burn fat until you deplete your glucose levels.
- 3) A regular walk can make all the difference. Not allowing your body to become sedentary will increase your metabolism and your ability to burn fat. A 20 minute walk 3 or 5 times a week will improve your physical and emotional health.

Local Hiking Trails

During the Fall months it is especially nice to enjoy nature as the leaves turn and there is a crispness to the air. Taking advantage of our plentiful nature trails is an excellent way to enjoy nature and get some exercise.

At www.alltrails.com/us/missouri and www.alltrails.com/us/Kansas.

Flu Season Approaches

Flu season generally peaks between December and February. The flu vaccine is overwhelming supported by the medical community and is advised most individuals receive one. The flu shot is recommended to be administered by October. For more information on how to help prevent the spread of the flu and other useful information please visit

www.cdc.gov/flu/about/season/upcoming.htm

Effective Weight Loss/Management

Weight loss is more a mental strategy rather than eating fewer calories

If only seasons were like cities. Then we could say, "What happens during winter stays in winter." Instead, when spring rolls around, most of us have a very visible reminder of what we did—and ate—over the holidays, and a nice round number to match!

Sure, it would be great if everyone stayed shredded year-round, but they don't. People typically get lean for a reason: summer months, swimming pools, and sunshine, for instance. The sad part is that, for as long as people have been following this cycle, they've been following misinformation about the best way to get the job done.

Some people will just tell you that facts are facts. Consume fewer calories than you burn, and you'll lose body fat. Simple enough, right? If only! That axiom tells you nothing about how big of a caloric deficit to run, which foods to eat, and how to preserve as much muscle tissue as possible while losing fat.

To know how many calories to remove from your diet to lose weight you first need to establish what your basal metabolic rate (BMR) is. Your BMR is the rate at which your body burns calories at rest just to sustain life. That may sound fairly universal, but it's actually quite personal, and depends on a number of factors including genetics, body composition, and age. To establish your BMR use the following equation.

Men: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$

Women: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$

The number you reached would be great to just exist, but most likely you do more than just sit around all day. Most people have

activities ranging from running your kids around, and work to actively weight training everyday. To fully understand your calorie baseline we need to figure in your activity level. The list below will help you determine the calories you need to lose weight effectively.

Sedentary (little or no exercise) BMR x 1.2

Lightly active (light exercise 1-3 days week) BMR x 1.375

Moderately active (moderate exercise 3-5 days a week) BMR x 1.55

Very active (hard exercise/sports 6-7 days a week) BMR x 1.725

Extremely active (very hard exercise 7 days a week) BMR x 1.9

It's extremely important that you're honest with yourself here, as under or overestimating due to personal pride can hamper, or even halt your progress of weight loss.

Avoid the common mistake of eating as little calories as possible. It is true that if you cut a significant amount of calories from your BMR you will lose weight, but this weight loss is not sustainable nor healthy. If you cut over 500 calories from your baseline of calories needed your bodies metabolism will slow and your body will go into "starvation" mode. You will also run the risk of losing muscle mass and feeling lethargic. It is recommended you eat 4 to 5 smaller well balanced meals a day rather than crash dieting.

With a well balanced diet and a moderate exercise routine you can reasonably expect to lose 1 to 2 pounds a week in a safe and effective way.



Head to the Orchard this Fruit Season

Visiting pick-your-own farms is a great way to ensure your food is local. Many farms make the picking more fun with hayrides and farm animals. Here are some farms to visit when you want to get your hands a little dirty in the pumpkin patch or apple orchard. *Contributed by greenabilitymagazine.com*

Pumpkins only

[Carolyn's Country Cousins Pumpkin Patch](#), Liberty, MO; 816-781-9196

[Johnson Farms Plants & Pumpkins](#), Belton, MO; 816-331-1067

[Louisburg Cider Mill](#), Louisburg, KS; 913-837-5202

[Pendleton's Kaw Valley Country Market](#), Lawrence, KS; 785-843-1409

[Schaake's Pumpkin Patch](#), Lawrence, KS; 785-843-2459

[Schwinn Produce Farm](#), Leavenworth, KS; 913-682-8356

Apples and pumpkins

[Alldredge Orchards](#), Platte City, MO; 816-330-3448

[Cider Hill Family Orchard](#), Kansas City, KS; 913-721-2507

[Schweizer Orchards](#), St. Joseph, MO; 816-232-3999

[Sibley Orchards & Cider Mill](#), Sibley, MO; 816-650-5535

[Weston Red Barn Farm](#), Weston, MO; 816-386-5437



How Negativity Affects the Body

Chronic stress from negative attitudes and feelings of helplessness and hopelessness can upset the body's hormone balance and deplete the brain chemicals required for feelings of happiness, as well as have a damaging impact on the immune system. New scientific understandings have also identified the process by which chronic stress can actually decrease our lifespan by shortening our telomeres (the "end caps" of our DNA strands, which play a big role in aging).

Poorly managed or repressed anger (hostility) is also related to a slew of health conditions, such as hypertension, cardiovascular disease, digestive disorders, and infection.

Scientist Barbara Fredrickson has shown that positive emotions have two important effects: they broaden our perspective of the world (thus inspiring more creativity, wonder, and options), and they build up over time, creating lasting emotional resilience and flourishing.

However, in our wish to defend against threat and loss in life, we tend to prioritize bad over good. While this is a tidy survival mechanism for someone who needs to stay hyper vigilant in a dangerous environment, the truth is that for most of us, this "negativity bias" means that we spend time ruminating over the minor frustrations we experience—bad traffic, a disagreement with a loved one—and ignoring the many

chances we have to experience wonder, awe, and gratitude throughout the day.

Fredrickson has calculated that in order to offset the negativity bias and experience a harmonious emotional state, we need to experience three positive emotions for every negative one. This, she claims, can be done intentionally for those of us less "wired" to positivity. These positive emotions literally reverse the physical effects of negativity and build up psychological resources that contribute to a flourishing life.

Contributed by University of Minnesota, Dr. Barbara Fredrickson

Football and Concussion Risks

Its football season again and many parents have children who participate. With this participation comes an anxiety that an injury may happen, namely concussions.

To help prevent a concussion ensure that they follow their coach's rules for safety and the rules of the sport. Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained. Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture. However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

If you believe your child has suffered a concussion seek medical attention right away. Keep your child out of play so the injury may heal. Tell the coach of any previous concussion your child may have had.

Contributed by GEHA and the CDC

Water is a Necessity of Life

[Drinking enough fluids](#) every day is essential for a healthy body. Water helps digest your food, absorb nutrients, and get rid of waste. Here are some tips to include more fluids in your daily routine:

- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water if you need to take a pill.
- Have a glass of water before you exercise or go outside, especially on a hot day.

Make sure you talk to your doctor about drinking fluids if you've been told to limit how much you should drink. For more tips, visit our [Drinking Enough Fluids tip sheet](#).

Contributed by Go4Life



Upcoming Events

[Kansas City Zoo Run/Walk](#) - Run for the Orangutans. KCMO Saturday September 26th

[St. Jude Walk/Run to End Childhood Cancer](#) - KCMO Saturday September 26th

[Natalie's A.R.T 5K Run](#) - Overland Park, Kansas Saturday October 3rd.

[Panera Bread Diabetes Dash for Life](#) - Leawood, Kansas Sunday October 4th.

[Race for the Future 5K](#) - Lees Summit, Missouri Saturday October 10th.

[The Great Pumpkin Run](#) - Belton, Missouri Saturday October 17.

[Monster Dash 5K](#) - KCMO Saturday October 24th.

[Halloween Hustle 5K & 10K](#) - Lees Summit, Missouri Saturday October 24th.

[Running Dead 5K](#) - Bonner Springs, Kansas Saturday October 31st.

[Operation Jack Zombie Run](#) - Shawnee, Kansas Saturday October 31st

[Cure of Ars 5K](#) - Leawood, Kansas Saturday November 7th.

[Turkey Trot](#) - Lees Summit, Missouri Saturday November 7th

Recipe - Avocado Bruschetta

1 ripe avocado
2 medium tomatoes
1 green onion
1/2 cup chopped fresh basil (plus 2 tbsps for garnish)
4 eggs (hard-boiled)
12 slices whole-wheat baguette bread
1/4 cup ricotta cheese (reduced-fat)
Dice avocado, tomatoes, and green onions.

Peel and chop hard-boiled eggs.

Reserving 2 tbsps. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.

Toast baguette slices and smear with ricotta cheese.

Top with avocado mix and garnish with chopped basil.

Greater Kansas City Area Federal Executive Board



2300 Main Street
Suite 2NE521
Kansas City, MO 64108

816-.823-5100 ph
816.823.5104 fax